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Ahhh; quinoa. How I love thee. I love your soft, fluffy texture. I love cooking up a batch on Sunday night and picking on your leftovers with my little fingers before tossing it into salads, soups and desserts for the week ahead. (p.s. I've got a TON of amazing Quinoa recipes in my NEW Cookbook ...

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Quinoa (Chenopodium quinoa; / ˈ k iː n w əː / or / k ɪ ˈ n oʊ . ə /, from Quechua kinwa or kinuwa) is a flowering plant in the amaranth family. It is an herbaceous annual plant grown as a crop primarily for its edible seeds ; the seeds are rich in protein , dietary fiber , B vitamins , and dietary minerals in amounts

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greater than in many ...

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